GOURMET RECIPES

Pumpkin Soup With Apples, Curry And Thyme

An easy pumpkin soup recipe with a twist: add some apples and curry to turn this traditional Halloween and Thanksgiving recipe into a tasty vegetarian dish

October 1, 2012

TYPE OF DISH	DIETARY CONSIDERATION	SEASON & OCCASION	SERVES FOR
SOUP	VEGETARIAN	HALLOWEEN	4

TOTAL TIME

0 HR 0 MIN

Preparation

- Cook the pumpkin in the vegetable stock. After around 10 min add the apple rings and cook until they are soft then puree with a hand mixer.
- Stir in the liquid cream, thyme leaves, ginger and the curry powder and season with salt. Simmer for 10 min and then pour into soup bowls. Garnish with the apple and serve with a dollop of cream on top.

INGREDIENTS

Pumpkin
300 g, Hokkaido variety, chopped

vegetable stock
700 ml

organic apple rings
350 g

liquid cream
2 tbsp

Thyme
2-3 sprigs

Ginger
1 tsp, fresh and grated

curry
2 tsp powder

apple
1 small, organic, sliced or grated

Cream
80 ml, whipped

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